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HALIFAX • MONDAY, JUNE 1, 2009

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What makes Halifax unique?

Sunny Side

Every community has them; they're the people, places, events and local wonders you can't find anywhere else that put a smile on our faces and make us feel proud about where we live.

Today, as part of our SunnySide series, Metro is calling on the people of Halifax to help us celebrate what makes living in our city so special: The people, places, events, architecture — you name it — that seem to take those worries away.

We want you to submit the names of the people and things that set Halifax apart, and — especially in these trying economic times — do their part to make you feel good about being a Haligonian.

Submit your suggestions on who and what deserves recognition, and we'll share these inspiring stories with readers in our city, and with Metro's 1.1 million readers across Canada.

So get writing, emailing, commenting and tweeting your SunnySide suggestions to halifaxletters@metronews.ca, metronews.ca, or on Twitter @metrohalifax.

We'll highlight the top five people and "things" in Metro, and give them the recognition you think they deserve.

It's time for you to tell the rest of Canada — and your neighbours down the street — what makes Halifax so unique and a great place to live. **METRO CANADA**

Sports pg 13

Red Wings lead it 2-0



Five-year-old Charlotte Wood catches her breath as she crosses the finish line in the kids bike race during the Bike Week Open Street Party as some older kids line up for the ages nine to 12 race at the Halifax Common yesterday.

Get on your bike

KRISTEN LIPSCOMBE
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Bicycle Plus Halifax

They came with and without training wheels, on tri-cycles and mountain bikes, and even on rollerblades and skateboards.

Cyclists of all ages and skill levels, and other self-propelled people on wheels, rode over to the Halifax Commons yesterday to celebrate sustainable and active transportation. The open street party was part of HRM Bike Week, which kicked off Friday and runs through Sunday.

The city shut down motor-

ized traffic around the north side of the park for a couple of hours, letting bikes take over the streets and forcing cars to take a hike.

Co-ordinator Lauralee Sim of the Halifax Cycling Coalition said the neighbourhood bash had to happen.

"We need to open the streets and make sure they're more accessible to

everyone," she said. "How often can you take your whole family out and ride on the street?"

Halifax residents Jesse Williams and Michelle Forward, along with one-year-old son Alex Williams, pulled their bikes over and sprawled out across the grass to take in the sunny skies and laidback vibe.

Sunny Side

The couple agreed the municipality should follow in the footsteps of Ottawa, by shutting down a section of street once a week to let cyclists ride freely.

Gabrielle Riley, active living co-ordinator for HRM, said the city is pushing active transportation, adding initiatives such as Bike Week are prime examples.

Riley said not only is hopping on a bike "a lot healthier for you and your environment," but added "it's also a great way to get out and see your city."

Initiatives

across the country

OTTAWA Over the weekend, Bicycles for Humanity — a volunteer-run grassroots organization — collected more than 400 bicycles in a drive that will help improve access to health care, education, food, and employment for people in need.

TORONTO OpenCity Projects, a three-year-old consultancy firm, uses strategic design to make public spaces and the communication between Toronto communities more meaningful experiences. Last year, the firm partnered with the City of Toronto to enlist third-year industrial design students to identify opportunities to enhance neighbourhood experiences.

EDMONTON "Knowing the farmers that grow my food can make a living is critically important. More of the money we're spending on food can stay in our community," said Jessie Radies of the Good Food Box Project, one of two recent initiatives to make eating local easier.

CALGARY The Lilac Festival drew record crowds yesterday expected to surpass 100,000 people. 4th Street BRZ director Jennifer Rempel said: "We had two private businesses give us free parking for our visitors ... and every year the support keeps growing."

VANCOUVER In Vancouver, Oscar-winner Goldie Hawn joined several local community leaders at a gala held by the Face the Future Foundation this weekend that raised about \$800,000 for various charities in that city. It's a winning fundraising formula: Throw a big party to raise big money. For her part, Hawn said she'll "support anything for children."

• To read more, check out metronews.ca.

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Wacky Wheatley's
122 Main St.

DIGBY
Peck Audiotronics
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ELMSDALE
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269 Hwy. 214

FALL RIVER
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Fall River Plaza

GLACE BAY
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People's Mall

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The Rolling Phones
Shediac Plaza
Sobeys, 622 Reeves St.

PORTER'S LAKE
DownEast Communications
5228 Hwy. 7

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Saulnierville Mall

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Video Focus
32 King St.

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The Rolling Phones
516 Grand Lake Rd.
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Home evacuated after early morning fire

Halifax Regional Fire and Emergency responded to a fire early yesterday morning at a townhouse on Prince Margaret Boulevard. The fire started in an upstairs bedroom and several people had to be evacuated. No one was injured and the cause is under investigation. **METRO HALIFAX**

3

Local



Halifax's (early) birds can sing

Opening-day ticket sales for Sir Paul McCartney went "really well," according to Power Promotional Events, which is bringing the ex-Beatle to Halifax for an outdoor show at the Halifax Common Saturday, July 11. Hundreds of people lined up to get the first tickets to the show Friday when they went on sale at 9 a.m. Early bird tickets are \$125, with VIP seats going for \$305. **METRO HALIFAX**

Liberals sign on to back Africville centre

COLIN CHISHOLM
for Metro Halifax

Liberal Leader Stephen McNeil voiced his support for the Africville Interpretive Centre at Seaview Park in Halifax yesterday.

The centre would showcase the vibrant and controversial history of Africville, but would also tie-in to other important aspects of local history, such as the Halifax Explosion and the world wars.

He said his party would commit \$2.2 million over four years to the project.

Irvine Carvery, president of the Africville Genealogy Society, said the Liberals are the latest party to say they would commit to the project. He said the NDP originally supported it, followed by the Progressive Conservatives.

Carvery said he was excited to see all three parties support the centre.

"It's going to create jobs for people," he said. "It's going to tell the history of the community; it'll safeguard the culture and the heritage of Africville."



Tony Ince (left) who's running for the Liberals in the riding of Cole Harbour, Liberal Leader Stephen McNeil, and Graham Estabrooks, who's running for the party in Halifax Needham, stand in Seaview Park in Halifax yesterday to show support for an Africville Interpretive Centre.

Along with the centre, the Seaview African Baptist Church will be rebuilt in its original location with the same design.

The community of Africville was demolished in the late 1960s so the construction of the A. Mur-

ray MacKay Bridge to take place, but before that it was a community entirely populated by African heritage families, and some people in Halifax still consider it home, Carvery said.

Carvery said he is "apo-

litical" and would not endorse any party leader, but was encouraged to see that all parties consider it a matter of importance for the centre and church to be built.

McNeil said "it's just a matter of the other gov-

NDP unveils trust to buy, preserve community land

The NDP unveiled a community lands trust yesterday, new legislation they say would protect public access to land purchased by private companies.

The NDP say the trust would be independent from government and protect property that is important to local tourism, economy or recreation by purchasing it on behalf of the local community.

Also over the weekend, the NDP committed to boosting the budget for truck and bridge inspection to improve road safety. The plan calls to add six new truck and bridge inspectors at a cost of \$400,000.

On Friday, the NDP promised 1,000 home insulation grants for low to

modest income homes as well as schools and community organizations. The insulation grants will cost \$1 million.

The Progressive Conservatives announced Friday they would double the budget for promoting local food in Nova Scotia to \$700,000. They say this added cash would increase marketing campaigns, buy local events and give local businesses free advertising.

The Liberals are promising to double funding for arts and culture in Nova Scotia, leader Stephen McNeil announced Friday. The Liberals say by 2012-13 they would spend \$7 million annually in this sector.

COLIN CHISHOLM/
FOR METRO HALIFAX

ernments coming to the table and being part of this." However, Carvery

said he wishes the centre and church had been built "yesterday."

Major parties score low grades in health

GEOFF DAVIES
for Metro Halifax

The Nova Scotia Citizens' Healthcare Network is releasing its election report card today and has given each of the three major political parties a near failing grade.

The release obtained yesterday by Metro Halifax shows the group gave the Progressive Conservatives, Liberals, and NDP each a D. The Green Party came out just ahead with a C-minus.

The network is a coalition of community groups whose goal is to prevent the privatization of health care.

They assigned the grades according to how each party's health-care platform lined up with policy recommendations made by the group over the past year.

These recommendations address issues such as ER

closures, health-care privatization and a lack of spending on infrastructure

Kyle Buott, the group's provincial co-ordinator, said the parties scored low because of their stance on ER closures and health-care privatization, which Buott feels are among the most important issues.

"None of the parties did very well ... because none of the parties (other than the Greens) actually openly said they supported public health care," Buott said.

"None of the parties have a clear plan (to deal with ER closures)."

Buott said the Greens stood out because they seem to favour transforming the health-care system on a fundamental level. But they didn't stand out by much, he added.

"We certainly have a lot of concerns that they didn't cost out their platform adequately," Buott said of the Greens.

CUPE plans to lobby for NDP in provincial vote

ELECTION The Canadian Union of Public Employees is working to get the Nova Scotia NDP elected, sparking accusations by the party's political rivals.

Last week in a website release CUPE announced it was "pulling out all the stops" to get the NDP elected. The release said several activists are booked off to work on the campaign, lobbying through phone calls, direct mail and pre-

"One can only imagine the degree of influence on an NDP government, given the fact that 'they' will be electing the NDP to government." Michel Samson, Liberal

sentations to local unions.

The Liberals jumped on the news, saying the NDP would be at the whim of unions if elected.

"One can only imagine the degree of influence on an NDP government given

the fact that 'they' will be electing the NDP to government," Liberal MLA Michel Samson said.

The NDP replied Friday that they have the highest percentage of funds from individual donations (86

per cent) compared to the Liberals (68 per cent) and Conservatives (54 per cent).

"The fact of the matter is that the NDP proposed a total ban on corporate and labour contributions to political parties, and it was Michel Samson and his Liberal party that supported the current Conservative system. It's laughable if anything," said NDP campaign director Matt Hebb.

PAUL MCLEOD/METRO HALIFAX

Teens injured in two Saturday stabbings

CRIME Halifax District RCMP dealt with two stabbings overnight Saturday involving teenagers.

The first took place in Lower Sackville as police say an 18-year-old male was stabbed and taken to hospital with non-life-threatening injuries.

Police say they initially responded to a report of a disturbance at Churchill Downs Centre at 11:07 p.m. and upon arriving were told by a witness a

teenager was stabbed and taken to hospital by friends. No arrests have been made.

About 90 minutes later, RCMP responded to a residence on Norway Maple Drive in Timberlea as an 18-year-old male showed up to the house stating he had been stabbed.

The victim was transported to hospital with non-life-threatening injuries. Police say an investigation revealed there was

an altercation between the victim and the suspect on a trail behind St. Margarets Bay Road. On Sunday morning an 18-year-old turned himself into police. He was released and will appear in Halifax provincial court July 29 on assault with a weapon and aggravated assault charges.

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WHAT'S ONLINE TODAY

Video A faltering U.S. dollar and a surging loonie may be trouble for Canada at metronews.ca/canada

Lotteries

Friday, May 29
Lotto Super 7: 12, 23, 24, 28, 29, 30 & 44. Bonus 22.
Saturday, May 30
Lotto 6/49: 1, 7, 19, 21, 39 & 45. Bonus 42.
These results are not official.

Twenty-one teams with more than 100 volunteers are ready for the Downtown Halifax Business Commission's 15th anniversary Clean Sweep Wednesday at 10:45 a.m. in Grand Parade. The event, which coincides with National Environment Week, will bring local businesses outside to clean the streets. **METRO HALIFAX**

Get ready for a Clean Sweep of downtown streets

Art jury opts for a local

Dartmouth artist wins competition with lighthouses

PAUL MCLEOD
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When developer **Wadih Fares** announced an international competition to create a public art piece in downtown Halifax he said he was rooting for a local artist to win.

On Friday he got his wish. Dartmouth artist Alexander (Sandy) Graham beat out two other finalists from the United States to win the competition.

His design of several 10-foot tall lighthouses will go in front of the Trillium building, being built on South Park Street just off Spring Garden Road.

"I'm elated," Graham said. "I have to say I'm very surprised."

Judges didn't know they were picking a local finalist when they selected Graham's piece from the 37

anonymous entries. Even as it came down to the final three, jury chair Frank Palermo said Graham being a local was never a factor in the decision.

"It really didn't play into the discussion at all," Palermo said.

"This one captured this iconic image of this area, and we're at risk of losing lighthouses."

Frank Palermo and we're at risk of losing lighthouses. The symbolism of it is very potent in this area ... The jury felt it had much more potential in terms of enriching the public environment."

In addition to having his piece commissioned, Graham won \$5,000 plus \$1,000 for being a finalist. The lighthouses are a project Graham has been working on for some time.

"The work I've been doing the last few years is all based on Maritime themes, iconic forms, things we identify with as Maritimers," Graham said.



Alexander (Sandy) Graham's three-year-old daughter Layla plays with one of the diagrams of his lighthouse art piece. Graham's work won an international art competition and was commissioned to be built in front of the Trillium Centre under construction on South Park Street.

Sewage to take bite of tourism?

PAUL MCLEOD
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HARBOUR Now that untreated sewage is flowing freely into the Halifax Harbour, some people think it will be a big blow to the tourism season. Others don't think tourists will know the difference.

Derek Stewart, manager of Cows on the Waterfront, hopes a busy summer schedule of events, including the Tall Ships Festival, will even things out, but he imagines some Haligonians will stay away.

"I'm sure among the locals it'll begin to get a bit of a reputation. You know, 'don't go around the waterfront because of the odour,'" he said. "So I think we're going to lose some local traffic."

Wastewater has been flowing into the harbour since January when a flood at the Halifax treatment facility caused a power outage and put the \$54-million facility out of commission. The plant isn't scheduled to re-open until next spring.

Then last week, it was

discovered HRM's water commission has, or soon will be, removing the eight sewage screens at outfall stations which was keeping solid waste, also known as "floatables," out of the harbour.

Tourism Nova Scotia officials say they don't think the breakdown of the plant will have any effect on numbers. Some businesses agree.

Jeff Farwell, owner of Murphy's on the Water, said he was disappointed the sewage plant broke down, but said people flocked to the water for centuries before the plants and he's not concerned about this year being any different.

"We feel the summer will be just like every other summer when the sewage treatment was not online," he said.

Tristan Legg came in from Middle Musquodoboit to walk along the Halifax waterfront Saturday afternoon. He said a polluted harbour was "Halifax's dirty secret" and tourists don't really factor it into their decision to visit.

"It's not like we depend on people swimming in the harbour," he said.

Telethon raises \$5.4M for hospital

KIDS The IWK Telethon for Children is celebrating another record breaking year, raising more than \$5.4 million for the hospital that's based in Halifax but helps sick kids across the Maritimes.

"We are extremely excited and thankful to all of our donors who have made this happen," Robbie Shaw, president of the IWK Health Centre Foundation, said in a news release shortly after the annual event wrapped up.

The telethon ran on CTV from Saturday evening to Sunday evening and, in celebration of the telethon's 25th anniversary, featured entertainment from musicians such as Lennie Gallant and a special appearance by actress Ellen Page. **METRO HALIFAX**

News in brief

CRIME A 30-year-old man is facing weapons-related charges after allegedly swinging a tire iron at his 23-year-old girlfriend. Halifax Regional Police say the incident took place on Friday night in Dartmouth, when an argument between the couple escalated. **METRO HALIFAX**

Police nab pair of men for two separate weekend robberies

CRIME There were two robberies Saturday resulting in separate charges against two men.

In one incident, Halifax Regional Police say a man entered a Dartmouth pharmacy in the 100 block of Portland Street at 1:45 p.m. They say the man threatened the staff with a knife, demanded all the narcotics in the pharmacy, and fled on foot.

A 53-year-old man was

arrested nearby and has been charged with robbery.

Police say there were no injuries and that all stolen items were recovered.

Earlier Saturday, police say just before 1 a.m. a man came into a convenience store, located in the 100 block of Highfield Park Drive in Dartmouth, and asked the clerk for cigarettes.

Police say when the

man was asked how he was going to pay, he jumped up on the counter and yelled at the clerk to put the cigarettes in a bag and not to press any buttons.

Police say the man fled on foot with the bag and no weapon was seen.

A 26-year-old man was arrested just after 4 a.m. by patrolling members. The suspect was charged with robbery.

METRO HALIFAX

Missing bronze sculpture returned

KRISTEN LIPSCOMBE
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ART The mystery of the missing bronze bust has been solved, Dalhousie University spokesman Charles Crosby said yesterday.

He said someone anonymously returned the sculpture of Montreal pianist Ellen Ballon late Thursday to a local law firm, which then turned it over to the Halifax post-secondary school. The pricey piece of art went missing from the Dal-

"As far as I understand, a concerned citizen found it and got it back to us."

Charles Crosby, Dartmouth University

housie Arts Centre last weekend.

"As far as I understand, a concerned citizen found it and got it back to us," Crosby said.

He said the university still doesn't know why the life-size bust was taken, but it suffered some minor damage while it was away from its home atop a podium on the main floor of the arts centre

"We're restoring it now," Crosby said.

Crosby said the unique sculpture by Sir Jacob Epstein was last assessed in the 1980s at \$7,000, but couldn't say how much it has grown in value since then.

"We've never really looked at it as a monetary piece, so much as an important part of our collection," Crosby said.

Charity Raising funds for cancer



Const. Chris Marinelli and Const. Dianne Woodworth give police horse Sarge a trim during the Hair for Heroes event at the Halifax Shopping Centre on Saturday. Money raised from the event is going to the Daniel McLellan Memorial Fund which helps Atlantic Canadian families who have children suffering from leukemia.



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MINISTRY OF TOURISM - GREEK NATIONAL TOURISM ORGANIZATION



Former presidents George W. Bush and Bill Clinton traded jokes about life after the Oval Office and took turns defending each other as they shared a stage in Toronto Friday to discuss global affairs. **REUTERS**

Canada



Feds preparing terror lawsuit legislation

The federal government will soon introduce legislation that will allow victims of terrorism to sue perpetrators in Canadian courts, Prime Minister Stephen Harper said yesterday, CBC News Online reports. Harper made the announcement at a Canadian Jewish Congress (CJC) event in Toronto where he received the Saul Hayes Human Rights Award. He said the legislation would allow "victims of terrorism to seek justice against individuals, organizations and foreign states that support terrorism."

METRO NEWS SERVICES

Border rules tighten

Officers will scold those without proper ID, says rep

The American border tightens today — sort of.

Despite new documentation requirements coming into effect today, Canadians will still be allowed across the U.S. border without a passport or enhanced driver's licence during this summer travel season.

They'll just be scolded a little.

"We're going to be flexible, we're going to go on a case-by-case basis," said Joanne Ferreira, spokesperson for U.S. Customs and Border Protection.

"Travellers that do not have the documents, they might face delays as our (border) officers will have to confirm their identity and citizenship," she said. "But we're encouraging travellers to continue with

New regulations

- As of June 1, all Canadians and Americans seeking to enter the U.S. are supposed to have a passport, an enhanced driver's licence or a trusted traveller card, instead of the birth certificate and government-issued photo identification that had been accepted up to today. Indian and North-

ern Affairs Canada cards and U.S. passport cards can also be used.

- While more than 54 per cent of Canadians have passports, only about 30 per cent of Americans do, which is disconcerting for Canadian businesses that rely on traffic from the south.

their travel plans and to apply for their documents — if they don't have them, to apply now."

Ferreira said officials will record each time someone crosses without the proper travel documents, which means travellers might face delays if they continue to set out without the

proper identification. And they will probably be reprimanded. Sarah Hubbard, the vice-president of government relations for the Detroit Regional Chamber, said confusion over what documents are needed is contributing to decreased border traffic.

TORSTAR NEWS SERVICE

Toronto Brainiac



Eighteen-year-old Torontonian Sean Amodeo went head to head this weekend with other teens at McMaster University at the Canadian National Brain Bee, sponsored by the Canadian Institutes of Health Research. Amodeo was the last brainiac left standing after a gruelling day of lab work, a written exam, patient diagnosis and a Jeopardy-style elimination round.

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Braidwood to hear final arguments

TASER INQUIRY A nearly year-long investigation by the RCMP into the action of the four members in the Tasering and death of Robert Dziekanski was forwarded to crown counsel in B.C. which concluded last December that criminal charges were unlikely to result in convictions.

Next month, retired judge Thomas Braidwood will hear final arguments by the lawyers who have been attending the inquiry. Taser International is represented, and so are the Vancouver International Airport, the union for border security guards and workers at the facility and the city of Richmond.

The main lawyers have been the four lawyers representing the individual officers and the federal government as well as lawyers for Dziekanski's family and the government of Poland.

TORSTAR NEWS SERVICE

Partisan attack ads backfiring: Poll

POLITICS The Conservatives' biting partisan attack ads aimed at Michael Ignatieff are taking a toll — on Prime Minister Stephen Harper as well as the Liberal leader, according to a new poll.

The Toronto Star/Angus Reid survey shows the Liberals have a two-point lead nationwide and are making gains in Ontario, British Columbia and Quebec, provinces that will be key in the next election.

Meanwhile, NDP Leader Jack Layton has doused cold water on the possibility of an election call in the coming weeks, saying his party won't be seeking to topple the minority Conservative government.

"We won't be moving a non-confidence motion. We're going to try to move

motions that get results for people," Layton told CTV's Question Period yesterday. "As to what the other parties will do, of course they'll have to make up their own minds, and we're prepared for an election if it comes to it," he said.

Election speculation has ramped up in recent weeks, fuelled by opposition demands to reform employment insurance, and the Conservatives' own ad campaign that attacks Ignatieff's 34 years abroad. However, while 42 per cent of poll respondents said their opinion of Ignatieff worsened after seeing the ad about Ignatieff, 50 per cent said their opinion of Harper also worsened.

TORSTAR NEWS SERVICE

News in brief

SECURITY CSIS, Canada's spy agency, finds itself under a critical Federal Court microscope today for questionable conduct
















in its efforts to deport alleged terror suspect Mohamed Harkat.

TORSTAR NEWS SERVICE

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Pakistani forces consolidated their hold on a main town in the Swat valley yesterday and began trucking supplies to 40,000 civilians stranded there. **REUTERS**

World



Whales killed in South Africa

At least 55 whales stranded on a beach near Cape Town were put down or died after rescue teams failed to return them to the ocean, a sea rescue institute said yesterday. Scientists shot 42 of the false killer whales on Saturday and 13 others perished, possibly from internal injuries, at Kommetjie Beach, the National Sea Rescue Institute said. **REUTERS**

India **Protesting violence**



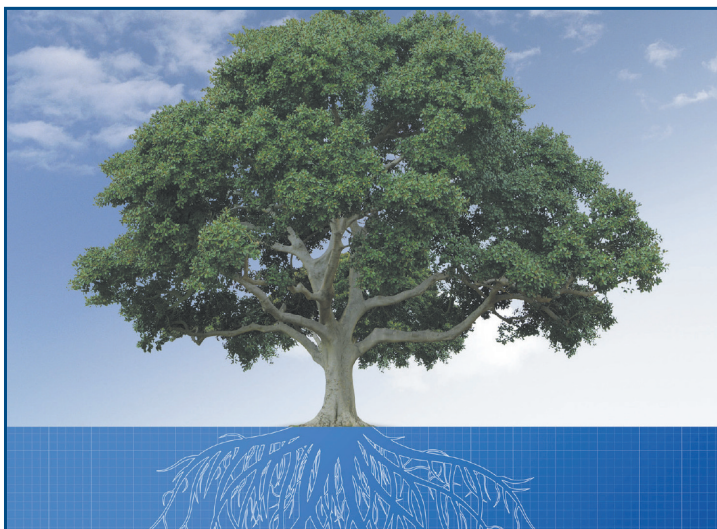
Family members protest recent attacks on Indian students in Australia, in Ahmedabad, India, yesterday. The attacks, which Indian media have called race-based, have caused diplomatic discomfort, with India summoning the Australian ambassador last week to convey its concern and urge action.

News in brief

CANCER Drugs that block a cell repair enzyme known as PARP show promise as treatments for some of the most

aggressive and difficult-to-treat forms of breast cancer, according to new research. Mid-stage results from a PARP inhibitor

show that it improved survival by 60 per cent compared for women with "triple negative breast cancer." **REUTERS**



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Abortion doctor shot to death at church

A Kansas doctor who was a controversial provider of so-called "late-term" abortions was shot and killed at his church yesterday, local media reported.

The Wichita Eagle newspaper reported that 67-year-old George Tiller, a long-time target of anti-abortion activists, was shot to death as he walked into services at at Reformation Lutheran Church. Police are searching for a white male who

fled the scene after shooting Tiller with a handgun, local media reported.

Tiller's clinic in Wichita has been the site of mass protests by anti-abortion groups and was bombed in 1985. Tiller was shot and wounded by an abortion opponent in 1993.

Abortions are generally considered late-term when they are performed after the 20th week of gestation on fetuses potentially old

enough to survive outside the womb.

Anti-abortion group Operation Rescue said it was shocked by the news.

"We denounce vigilantism and the cowardly act that took place this morning. We pray for Mr. Tiller's family that they will find comfort and healing that can only be found in Jesus Christ," the group said in a statement on its website. **REUTERS**

Logging life on Earth

ENVIRONMENT Scientists asked people around the world today to help compile an Internet-based observatory of life on Earth as a guide to everything from the impact of climate change on wildlife to pests that can damage crops.

"I would hope that ... we might even have millions of people providing data," James Edwards, head of the Encyclopedia of Life (EOL) based at the Smithsonian Institution in Washington, told Reuters of the 10-year project. He said scientific or-

ganizations were already working to link up thousands of computer databases of animals and plants into a one-stop virtual observatory that could be similar to global systems for monitoring the weather or earthquakes. People already log observations on the Internet, ranging from sightings of rare birds in Canada to the dates on which flowers bloom in spring in Australia. The new system, when up and running, would link up the disparate sites. **REUTERS**

Russian police quash protest

DISSENT Russian riot police detained 33 opposition demonstrators yesterday as they attempted to stage a protest demanding Prime Minister Vladimir Putin resign for his handling of the economic crisis.

Russia is entering its worst recession in at least a decade and unemployment has soared to 7.7 million.

Protesters carrying banners saying "Putin resign" and "Stop unemployment" were detained by riot police, a Reuters reporter said. **REUTERS**



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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

Comment

I am Viking. Hear me roar

HineSight

Anne Hines

metronews.ca/hinesight

Recently, this column ran a contest to help me find a new hobby. Due to overwhelming reader demand (someone wrote in who I am not related to) I'm pleased to provide this update.

The activity I chose was dragon boating. Unfortunately, I ran into one insurmountable obstacle in taking up that hobby. I found out what it is. An online promo read, "Are you ready for some ab-crunching, lung-busting fun?" I decided I'm really not.

Instead, I went Viking boating.

Vikings were a scrappy, warrior-like people, living

in one of those periods of history when life was "nasty, brutish and short." For many people, the Vikings were responsible for the "short" part.

A Viking's Facebook page would read: "Hobbies: Hanging with friends, stripping naked, painting body red then descending on unsuspecting towns, howling at top of lungs." They were a little like our modern-day soccer fans except unwashed, liquored up and totally bent on complete annihilation of the other side. OK, they were a lot like soccer fans.

Arriving at the boat club, I could see some subtle

Sunny Side

changes have taken place in the last thousand years. It's possible, for instance, that real Vikings did not wear Lululemon yoga pants. And shorts designed to keep delicate tushies from rubbing uncomfortably on the boat seat. Possibly that's what caused all the howling.

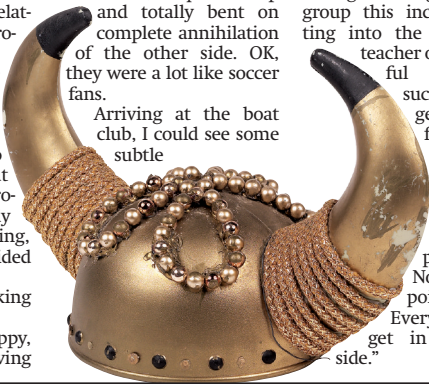
First, we were introduced to some of the challenges of Viking boating. For my group this included "getting into the boat." The teacher offered helpful instruction such as, "Stop getting in from the side. Enter from the stern. No, the other stern. The pointy end. No, the other pointy end. Everyone just get in from the side."

I learned that "fixed carriage" means the oar cannot slip from your hands as you paddle and go sailing off down the bay. I also learned, however, that it may get hopelessly jammed in someone else's oar, has to be removed from the oar lock, then slip from your hands and go sailing off down the bay.

Our crew wasn't entirely hopeless. We got trounced in the practice races, but on the way into shore, miraculously, we found our groove. We pulled together. Didn't "over-dip." Suddenly, we shot past the other boats. The fact that they were practising paddling backward at the time didn't dampen our excitement for a moment.

Will I do it again? Absolutely. I am Viking. Hear me roar. Now, I'm going right out to get some Lululemon pants.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



Views

Taking ownership of your community

UrbanScrawl

Christina Biluk

metronews.ca/urbanscrawl

I had the pleasure a few weeks ago of being supported by many of my neighbours. I was a participant in the Blue Nose half-marathon. The route wound its way through my neighbourhood on the 21-kilometre journey through downtown Halifax.

The most interesting and meaningful part of the experience for me was all the people sitting on the steps of their houses, cheering in the streets, while their children banged on pots and pans for the runners.

What an incredible showing of community.

How can we keep that feeling all year long? There are little things that we can do each and every day that will help us regain the strong communities of our forebears.

Their communities extended beyond their neighbourhood into neighbouring towns. When everyone knew everyone, or had a connection to them, our cities were safer and stronger.

Being neighbourly. While our next door neighbour may not be "best friend" material, they are the person who can tell you which way your dog went, if someone unusual was knocking on your door or where the best place is to get topsoil for your garden (and

maybe they'll share the delivery costs with you). Chatting over the fence, inviting them over for a glass of lemonade, or taking out their garbage when they're on vacation are little steps to create a trust between neighbours, and it doesn't cost you a thing.

Supporting your community. We're fortunate to live in a city that has festivals and events that celebrate our varied communities. There are numerous street festivals, cultural festivals and parades. To participate in some of these it takes no more effort than walking out of our doors and down the street, while others may take a short drive or bus ride. Community gardens have started popping up around Halifax. Stop by when some of your neigh-

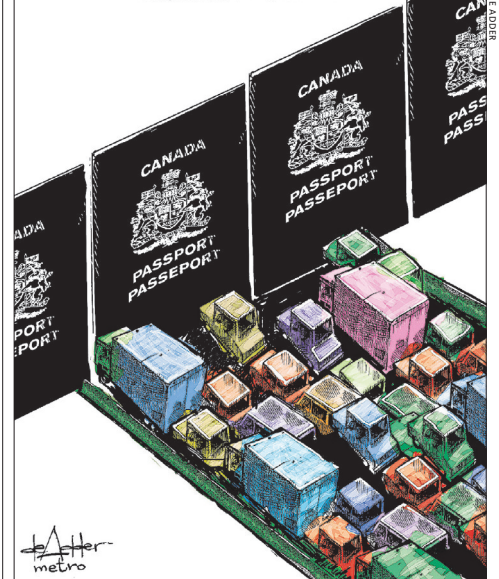
bours are in the garden and ask what you can do to help. Pop by yard sales, just to say "Hi" and get out and about in your neighbourhood.

Give back to your community. Every community has a group of worthy associations that could benefit from your time, skill set and interest. Most of these organizations can provide you with an opportunity that fits into your schedule — all you need to do is ask. These organizations are the backbone of your community.

Now, it's time to take ownership of our community Halifax.

Christina Biluk is Director of Engagement for FUSION Halifax. Visit FUSIONHalifax.ca to find out how to get involved in shaping our city; theurbanscrawl@gmail.com.

SECURITY BARRIER



Worth mentioning

Car-driven society stalls good health: Researchers

Driving is a way of life for many but researchers say the habit of driving everywhere is bad for health.

Obesity and heart disease are two of many problems associated with a sedentary lifestyle.

The more you drive, the less you walk. Walking provides exercise without really trying.

Ideally, people should take 10,000 steps a day to maintain wellness, according to James Hill, professor of pediatrics at the University of Colorado.

But for those who only walk from their home to the car and from their car to an office and back again, that figure can sink to only 1,000 steps.

A car culture forces people to make time to exercise and driving long dis-

Lawrence Frank of the University of British Columbia has even quantified the link between the distance people drive each day and their body weight. "Every additional 30 minutes spent in a car each day translates into a three per cent greater chance of being obese," he said. "People who live in neighbourhoods with a mix of shops and businesses within easy walking distance are seven per cent less likely to be obese."

REUTERS

Metro Online Poll Results

66% SAID YES

Do you think the recession has impacted government environmental policy?

34% SAID NO

Weigh in on today's question at metronews.ca

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Small steps to reduce impact on the environment

Many of our portable devices require batteries — canihome recommends switching from disposable to rechargeable batteries to reduce waste and to power MP3 players, remote controls and digital cameras. **METRO NEWS SERVICES**

Going Green

Destructive computers

On a weight-by-weight basis, computers are more environmentally destructive to make than cars, according to Kim McKay and Jenny Bonnin's True Green @ Work: 100 Ways You Can Make the Environment Your Business. **TORSTAR NEWS SERVICE**

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

Air quality index heralds summer

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

Summer is coming. It is the season of barbecues, canoes, lawnmowers, rollerblades, swimming and sunning. It is also the season where weather forecasters stop giving us the wind chill factor and start giving us the air quality index. What is the air quality index? What causes the air quality to decline on some days in the summer? What does it mean to us?

The air quality index in most areas is based on levels of common air pollutants, typically sulfur dioxide, ozone, nitrogen dioxide, total reduced sulfur compounds, carbon monoxide and fine particulate matter.

Sulfur dioxide comes mostly from smelters and from electricity generation. It can cause breathing problems and respiratory illnesses.

Ozone in the ozone layer is a good thing, but at ground surface it is a major component of smog. Ozone is not emitted by any industries, rather it forms from a reaction between nitrogen oxides and volatile organic compounds (often solvents). Ozone irritates the respiratory tract and eyes.

Nitrogen dioxide comes mostly from emissions from vehicles.

Reduced sulfur compounds are compounds that create a rotten egg or cabbage smell. They come mostly from the pulp and paper or steel industries. These compounds are not considered a health hazard but their strong odour gets them into the air quality index.

Carbon monoxide is an odourless poisonous gas that is produced through the burning of fossil fuels. Most of the carbon monoxide in the atmosphere comes from vehicles.

Particulate matter includes aerosols, smoke, fumes, dust, ash and pollen. Most

particulate matter in the atmosphere is from combustion (vehicles, power generation and other burning).

In general people with asthma or chronic heart or lung disease are more sensitive to

poor air quality. Particulate matter can have serious health effects and causes hospitalizations and even death in sensitive people (asthma, heart or lung disease, children, the elderly).

So why is all this worse in the summer time? There are two reasons for this.

One is that the reaction that forms ozone takes place only in the presence of sunlight. The more sunlight, the more ozone is formed. And there is just more sunshine in the summer. The other reason is that

stagnant air masses are more likely to develop in summer.

Contaminants produced in dense population centres hangs over those centres rather than being blown away.

So what can we do to make the air we breathe better? Many of the impacts come from vehicles, so driving better-tuned cars or driving less, carpooling and avoiding the use of gas-powered lawn mowers can all help.

Electricity generation is another culprit so the less electricity we use, the less they have to generate which means less air pollution.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.



Install a low-flow faucet and showerhead to cut water consumption by over 30 per cent.

Saving water can make difference

RESOURCE Canada has seven per cent of the world's total supply of renewable fresh water — but we're also one of the world's biggest water consumers. Reducing water use in the bathroom is a great and easy place to start:

- A quick shower instead of a bath uses up to 50 per cent less hot water.
- Install water-efficient showerheads. Some low-flow showerheads use up to 36 per cent less water.
- Turn off the tap while brushing your teeth, shaving or washing your face.
- Fix leaks. One leaky faucet can waste a surprising amount of water.
- Upgrade faucets. New models can save up to 30 per cent more water.

NEWS CANADA

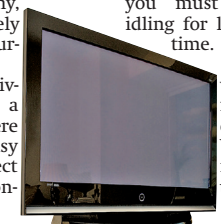
Easy ways to protect the place we live in

IMPACT We all should have a special interest in the environment — after all, it's where we live, work and raise our kids. A healthy environment enhances our quality of life. And if we keep it healthy, we're ultimately keeping ourselves healthy.

From your living room to a world away, here are some easy ways to protect the environment:

- At home. An obvious energy saver would be to turn off the lights when leaving the room, but what about unplugging seldom used appliances? Plugged in appliances that are turned off still sap energy. Stereos, video games, chargers, and TVs can really add up when it comes to wasted energy at home so unplug them whenever you can.
- In public: With tens of thousands of vehicles on the road every day, the private automobile is one of the leading sources of

greenhouse gases in Canada and is responsible for 15 per cent of our total emissions. To reduce the impact of your commute on the environment, carpool whenever possible. And if you must drive, avoid idling for long periods of time.



Pull the plug

- Home entertainment equipment are power hogs — even when they are turned off. Stereos, video games, chargers and TVs can really add up when it comes to wasted energy so unplug them when you can.

international development organization, give you the opportunity to plant a garden and provide clean drinking water in communities suffering from extreme poverty.

The website cfcfcanada.ca will show you ways to take action and help a community become environmentally healthy today.

NEWS CANADA

Do Cleaning Products Make You Sneeze?



Down East cleaning products are made without the use of harmful chemicals and will exceed your cleaning expectations using simpler, safer ingredients.

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or cause skin, throat or eye irritation, rashes, runny nose, headaches or shortness of breath? This could be because the product you are using contains potentially harmful chemicals.

Down East All Purpose Cleaner is ideal for routine household cleaning, including floors, walls, carpets, porcelain, countertops and appliances.

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All Purpose Cleaner • Liquid Laundry Detergent • Dishwashing Liquid • Cream Cleanser • Hand & Body Wash • Bowl & Bathroom Cleaner

Italy's government is under fire from unions and opposition politicians for failing to back carmaker Fiat and persuade Germany it would be the best partner for Opel, the European arm of General Motors. Germany on Saturday sealed a deal with Canadian auto-parts group Magna to save Opel from GM's imminent bankruptcy. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



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India Welcoming Wal-Mart



Policemen stand inside the first cash-and-carry Wal-Mart store during its inauguration ceremony in the northern Indian city of Amritsar Saturday. Bharti Wal-Mart is the joint venture between the American retailer and India's Bharti Enterprises.

Loonie on the rise

Dollar has grown 9.5% since end of April: Data

The Canadian dollar roared ahead again last Friday, firing on all cylinders as the greenback retreated, crude oil prices climbed and blue-chip stocks rallied in New York.

By the time the dust settled, the loonie had gained 1.9 cents US to \$91.60 cents. The currency has risen by 9.5 per cent since April 30, the most since at least October 1950, according to Bloomberg data.

"I think the biggest driver is extreme U.S. dollar weakness that we are seeing across currencies," said Camilla Sutton, a currency strategist at Scotia Capital.

"Sentiment has turned against the U.S. dollar. The positive U.S. dollar flows that we were seeing earlier this year and the fall of last year have essentially disap-

"I think the biggest driver is the extreme U.S. dollar weakness we are seeing across currencies."

Camilla Sutton,
Scotia Capital

peared as risk aversion has come back down to more normal levels."

As the U.S. dollar moves back to its pre-financial crisis levels, it is rapidly losing ground against the loonie, the Australian dollar, the euro and other foreign currencies.

For its part, the loonie's climb is also being buttressed by a fresh surge in crude oil prices. On Friday,

light sweet crude for May delivery rose \$1.23 to \$66.31 on the New York Mercantile Exchange.

And while Canada's benchmark stock index closed slightly lower, American markets continued their rally. The Dow Jones industrial average gained 96.53 points to 8,500.33, while the Nasdaq moved 22.54 points higher to 1,774.33.

Analysts said those gains signal increased optimism about the global economy — bullish sentiment that bodes well for petro-currencies such as the loonie. If those trends continue, the it could easily hit 93 cents in the coming weeks, said George Davis, chief foreign exchange strategist with RBC Capital Markets.

TORSTAR NEWS SERVICE

Bankruptcy plans finalized for GM

AUTO General Motors Corp. and the U.S. government finalized plans yesterday for the battered automaker to reorganize, as a majority of debtholders helped clear the way to a massive bankruptcy filing expected today.

U.S. President Barack Obama is expected today to publicly discuss GM's next steps as the U.S. government prepares to assume more than two-thirds control of the company in exchange for tens of billions of dollars in assistance.

Since last week, GM has been racing to complete a

series of last-minute deals intended to help speed its way through a fast-track bankruptcy that would see it emerge under the majority ownership of the U.S. government.

Bondholders have been one of the last pieces to fall into GM's complicated bankruptcy puzzle under the direction of the autos task force. Investors representing about 54 per cent of GM's \$27.2 billion US of bonds have indicated support for a U.S. Treasury-brokered swap of debt for equity that could help speed GM's way through bankruptcy. **REUTERS**

The DAILY BUSINESS BUZZ

Truro forest conference:

Truro is aiming to grow tourism by partnering with TreeCanada to host the ninth Canadian Urban Forest Conference that will be held from Oct. 4 to 8, 2010.

Cheap flights to Scotland:

Flyglobespan, Scotland's low-cost airline, launched its first-ever flight from Halifax to Glasgow last week. The weekly service will operate every Saturday through Sept. 26, with one-way fares on select dates starting as low as \$72 plus taxes.

Shareholders' meeting:

Acadian Mining Corp. will be holding the annual and special meeting of shareholders at the Halifax Marriott Harbourfront Hotel June 9, where a vote will be taken on the \$10-million Golden River Private Placement.

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Rally points to gains for farm providers

FORECAST A rally in grain and oilseed prices will likely give a further boost to shares of Canadian companies that provide farmers with everything from fertilizer to tractors.

That's welcome news for a sector that was hammered by the global financial crisis, which knocked grain prices from record highs and prompted many farmers to rethink spending plans.

Robert Winslow, an analyst with Wellington West Capital Markets, said potential winners include Hemisphere GPS, a farm technology provider, and Ag Growth Income Fund, a maker of grain augers and bins, which serves overseas markets where demand is especially sensitive to grain prices.

Benchmark July futures prices of spring wheat and canola have jumped 28 per cent and nine per cent respectively since March 30. **REUTERS**

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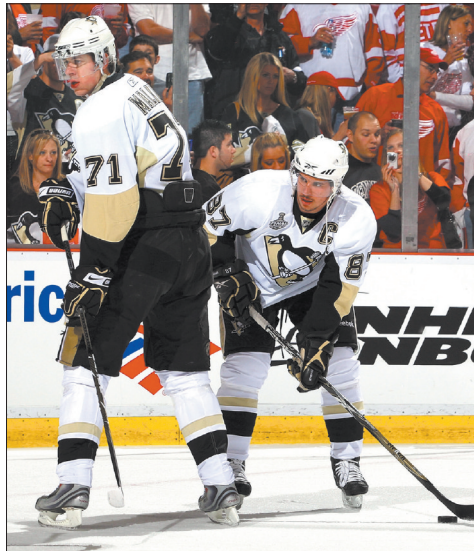
25-inning marathon sets NCAA record

The Texas Longhorns and Boston College Eagles took a long road to history Saturday night, playing an NCAA record 25 innings before Texas took a 3-2 victory in a regional tournament game in Austin. The game lasted 7 hours, 3 minutes and saw Texas reliever Austin Wood pitch 12½ innings of no-hit ball. **METRO NEWS SERVICES**

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Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA



Evgeni Malkin, left, and Cole Harbour's Sidney Crosby of the Pittsburgh Penguins warm up before facing the Detroit Red Wings last night in Game 2 of the 2009 Stanley Cup final.

Crosby, Pens down by two



Chris Osgood was solid once again between the pipes, making 31 saves, as Detroit inched a step closer on its long journey to a second consecutive title with a 3-1 win over Pittsburgh in Game 2 of the Stanley Cup Finals from Joe Louis Arena.

Jonathan Ericsson, Valtteri Filppula and Justin Abdelkader scored in succession following a first-period tally from Pittsburgh's Evgeni Malkin.

It was a similar result from the series opener on Saturday, when Osgood al-

so made 31 saves in another 3-1 Detroit win.

Tomas Holmstrom collected two assists for the Red Wings, who are attempting to become the first club to repeat as champions since they did it themselves in 1997 and '98.

Marc-Andre Fleury allowed three goals on 26 shots for Pittsburgh, which is in familiar territory after dropping the first two games of the Cup final last year in Detroit as well.

The Red Wings will try to grab a stranglehold of the best-of-seven set when it shifts to the Steel City for Game 3 tomorrow.

Detroit forward Pavel Datsyuk was absent from the lineup for a fifth straight contest with a swollen foot. He suffered the injury blocking a shot in Game 2 of the Western Conference final against the Blackhawks.

METRO NEWS SERVICES

SCOREBOARD

NHL	
SUNDAY	Cleveland 5 N.Y. Yankees 4
Detroit 3 Pittsburgh 1	Detroit 3 Baltimore 0
TUESDAY	Minnesota 3 Tampa Bay 2
Detroit at Pittsburgh	Oakland 5 Texas 4
THURSDAY	L.A. Angels 9 Seattle 8
Detroit at Pittsburgh	
MLB	
AMERICAN LEAGUE	NATIONAL LEAGUE
YESTERDAY	YESTERDAY
Boston 8 Toronto 2	Houston 2 Pittsburgh 1
Chicago White Sox 7 Kansas City 4	Milwaukee 5 Cincinnati 2

Nadal eliminated in French Open shocker

TENNIS A seismic shock rippled through Roland Garros yesterday when the unthinkable finally happened — claycourt king Rafael Nadal's aura of invincibility was pierced, punctured and finally ripped apart.

Robin Soderling was barely known outside tennis circles, but the disarming Swede played the match of his life to humble arguably the greatest ever claycourter 6-2, 6-7, 6-4, 7-6 in the fourth round of the French Open after 3-1/2 hours of high drama.

Soderling left the world No. 1 and a capacity crowd on Philippe Chatrier Court



Stars hire Nieuwendyk

The Dallas Stars have hired Joe Nieuwendyk, left, to be their new general manager. Nieuwendyk, who played seven of his 20 NHL seasons in Dallas, served as special assistant to Toronto Maple Leafs general manager Brian Burke this season.

METRO NEWS SERVICES



Rafael Nadal, winner of the last four French Open tournaments, was eliminated yesterday following a fourth-round loss.

flabbergasted as he handed the Spaniard his first defeat at Roland Garros and left his dreams of a record fifth consecutive title in

tatters.

A disbelieving crowd watched in fascination as the 22-year-old was finally brought to his knees when

his attempt at an angled volley looped wide.

As Soderling sealed the champion's fate, the 23rd seed stretched his arms wide open to lap up the applause from the hollering fans before hurling his racket high into the stands.

On the other side of the net, a forlorn Nadal was left to digest his first defeat in 32 matches at the clay-court major.

"This is not a tragedy, losing here in Paris. It had to happen one day," said Nadal, who had not lost a set here since the 2007 final against Roger Federer.

REUTERS

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Sports in brief

MILESTONE Jamie Moyer went six strong innings to win his 250th career game, and the Philadelphia Phillies won their third straight, 4-2 over the stumbling Washington Nationals on Sunday. The 46-year-old Moyer is the 46th player to win 250 games, and only the 11th left-hander to join the exclusive list.

MLS Jeff Cunningham and Kenny Cooper scored as FC Dallas handed the Chicago Fire their first loss of the season with a 3-0 victory yesterday. The Eastern Conference-leading Fire's franchise-record unbeaten streak ended at 11.

ITALY Carlo Ancelotti has quit as coach of AC Milan, seemingly paving the way for him to take over at Premier League club Chelsea. Ancelotti announced his decision after Milan finished second in Italy's Serie A.

VOTTO The Cincinnati Reds placed first baseman Joey Votto on the 15-day disabled

list Saturday, citing stress-related issues linked to his recent struggles with an inner ear infection. Votto, a Toronto native, missed 12 starts during a 17-game stretch this month.

CYCLING Denis Menchov of Russia won the 100th anniversary edition of the Giro d'Italia cycling event yesterday despite falling in the final kilometre. Menchov finished 41 seconds ahead of Danilo Di Luca, while Franco Pellizotti finished third, 1:59 back.

GOLF Steve Stricker held his nerve to win his fifth PGA Tour title in a playoff with fellow American Steve Marino and South African Tim Clark at the Colonial Invitational yesterday. The former world No. 3 sealed victory with a birdie at the second extra hole, hitting a superb eight-iron approach to four feet and calmly sinking the putt.

METRO NEWS SERVICES

Remember the Voyageurs

Just Soccer

Ben Rycroft

metronews.ca/justsoccer

To know where you're going, you have to know where you've been.

And as another widely successful Nutralite Canadian Championship reaches its culmination tomorrow with the Vancouver Whitecaps hosting Toronto FC, it's important to remember how the Voyageurs Cup came to be.

The emergence of MLS teams, coupled with a growing infrastructure and the largest youth participation in Canada, has soccer quickly approaching a tipping point. The game will soon be talked of and covered in the same way that baseball, hockey and football are.

But back in 2002, when soccer was still just a blip on the sporting radar, a group of supporters called the Voyageurs were sick of waiting for a national championship to be created by the governing bodies and took it upon themselves to do just that.

They bought a trophy, got Canada's USL-1 clubs (which then included Vancouver, Montreal, Calgary, Edmonton and Toronto) to embrace the idea and be-

gan awarding the trophy to the 'national champion' each year.

From the beginning, the Montreal Impact were the most ardent supporter of the idea. No matter how they were doing that season, they invested significant time and energy into winning the Voyageurs Cup, which meant having the best record against all the other Canadian teams.

Former Impact head coach John Limniatis spent significant time on It's Called Football earlier this year bragging to me about how they would once again win it this season and suggested the cup was best

served being kept in its permanent home of Montreal. Winning a competition seven straight times will do that to you.

But as the game grows and the competition moves forward, there is a fear among the Voyageurs that the Cup's history will be lost. Already, most who know of

this tournament refer to it as the Nutralite or Canadian Cup. The Voyageurs tag has been pushed to the side.

Soccer has grown in Canada because of efforts on the grassroots level. The Voyageurs Cup was born from that, it deserves to be spoken of and remembered as such.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca.

Halifax's Tyson Cave is 8-0 after beating Quebec's Martin Huppe at Palooka's Boxing Club on Saturday. Cave knocked out Huppe, 1-11, in the second round. Fellow Haligonian Steve Cannell (3-2-3) beat Ricardo Blackman of Barbados. **METRO HALIFAX**

Williamson qualifies for Canadian Tour



David Williamson

GOLF Halifax native David Williamson finished among the top six players at the Canadian Tour's

spring qualifying school in Parksville, B.C., on the weekend.

Ashburn's Williamson fired a final-round 74 for a share of fourth spot with a four-day 285 — eight strokes behind American wire-to-wire winner Brady Schnell.

The strong finish gives Williamson exempt status on the Canadian Tour, which begins this coming weekend with the Times-Colonist Open at the Uplands Golf Club in Victoria, B.C.

METRO HALIFAX

Hershey takes lead in Calder Cup final

AHL The Hershey Bears have the early edge on the Manitoba Moose in the American Hockey League Calder Cup final.

Alexandre Giroux completed a hat trick at 13:33 of the first overtime as the Bears edged the host Moose 5-4 in Game 1 of the best-of-seven final at MTS Centre in Winnipeg.

The 28-year-old Giroux leads the AHL playoffs in

scoring with 12 goals and 11 assists for 23 points in 17 games.

Porters Lake forward Andrew Gordon picked up an assist in the loss, his eighth point of the post-season.

METRO HALIFAX

Pelham Canadians notch first win of '09

BASEBALL The Halifax Pelham Canadians got their first win of the season on Friday night against the Sydney Soons, then had a doubleheader rematch rained out on Saturday.

Halifax dumped host Sydney 7-2, scoring four runs with two out in the sixth inning at Susan MacEachern Field.

The defending champion

Canadians are

1-1. They're back in action Wednesday on the road against the first-place Kentville Wildcats, who are well ahead of the pack at 4-0.

METRO HALIFAX

Scouting staff shortage

Mooseheads hope late-season shakeup doesn't affect draft

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads are hoping some late-game scouting changes don't bite them at the draft table.

The Mooseheads' hockey

operations staff will have a distinct new look at Moncton Coliseum on Saturday in the wake of January's firing of general manager Marcel Pate-naude.

They're still reeling from the January resignation of chief scout Sylvain Brunelle and scouting administration director Yvon Gasse — the main talent evaluators in Quebec.

Jean-Marc Blouin, the only scout left in Quebec, has been promoted into

Brunelle's old job, while Bob (Tipper) LeBlanc has moved into a newly-created assistant GM post.

"Obviously, we would have liked to have three scouts at the table on draft day sharing their opinions," said new GM Cam Russell.

"But we'll have to make the best of it."

Russell hasn't been calling the shots for long, but said he already trusts

Blouin, who was part of the staff that built the current roster of the powerful Shawinigan Cataractes.

After the Mooseheads' season ended, Russell travelled

heavily to scout most of the draft's top prospects, taking in the midjet playoffs in Atlantic Canada and Quebec as well

as the Central Scouting Challenge. He estimates he watched at least 20 games with Blouin and came away impressed.

"We trust his judgment," Russell said. "He's a good hockey man. He's looking for the same thing we are. He can identify character very easily as the skating and

skill." Blouin, who will hire two Quebec scouts later in the summer, will likely make the final call on late-round picks that Russell and LeBlanc haven't had a chance to see.

But Russell made sure he saw as many players as possible after the Mooseheads' season ended in March, and he and LeBlanc will be heavily involved in the early picks.

The Mooseheads are planning to have two picks in the second round and two more in the fourth.

"It's easier on draft day to pick players when you know what you're getting," Russell said. "If the season's going to end early, you'd better get out and continue to work."

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Matthew Wuest will cover the QMJHL draft this weekend. Stories will be available at metronews.ca/halifax

Breaking news can be found on his blog at metronews.ca/qfiles

Cup final Pens fans in Detroit



Pittsburgh Penguins fans wearing a Sidney Crosby jersey and a Mario Lemieux jersey wait outside the Joe Louis Arena before Game 1 of the NHL Stanley Cup final Saturday in Detroit. Detroit won the game 3-1, taking the series lead in a rematch of last year's final.

Tigers recruit pair of Europeans

HOCKEY The Dalhousie Tigers men's hockey team has added a couple of European recruits for the 2009-10 season.

The Tigers have picked up a pair of 6-foot-4 forwards in Czech Daniel Bartek and

Swede Gabriel Lundin.

Bartek competed at the 2008 IIHF world junior championship and is coming off back-to-back 36-point seasons in the Western Hockey League with the Brandon Wheat Kings and

Everett Silvertips. He potted 22 goals in 2007-08.

Lundin played for AIK in the Swedish under-20 league and had eight points and 35 penalty minutes in 25 games.

METRO HALIFAX

Edmonton signs Bonaventura

CFL The Edmonton Eskimos have signed former Saint Mary's Huskies linebacker Andrea Bonaventura.

Bonaventura, who spent a season and a half at Saint Mary's before following head coach Blake Nill to the Calgary Dinos in 2006,

was drafted 43rd overall in this year's CFL draft.

Elsewhere, St. Francis Xavier X-Men offensive lineman Steve Myddleton signed with the Calgary Stampede. Myddleton was selected 30th overall in the draft.

METRO HALIFAX

Sports in brief

BASEBALL Johnny Peralta singled home Trevor Crowe with the winning run in the bottom of the ninth inning, lifting the Cleveland Indians to a 5-4 victory over the New York Yankees in the third of a four-game set. Mark Teixeira drove in all four of New York's runs.

METRO NEWS SERVICES

Metro Workology exclusive: Head to Toe

In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

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Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Learning index dropping

Canada's overall score on the Canadian Council on Learning's Composite Learning Index has dropped for the first time. The national average for 2009 is 75, down from 77 last year. Calgary was the top performing city with a score of 89, followed by Victoria with 88 and Saskatoon with 86. The CL measures youth literacy, PSE participation, high-school dropout rates, job-related training, and Internet access. METRO NEWS SERVICES

Heralding trumpeters' return

OddJobs

Diane Peters

Metronews.ca/oddjobs



Harry Lumsden is 86 and has been formally retired for more than 20 years. But he

can still wrestle a trumpeter swan almost as fast as his daughter.

Don't worry, he doesn't wrestle them for fun or sport. It's to tag the large birds so they can be counted and tracked.

Lumsden grew up in Scotland and always loved animals. He visited Canada during the Second World War when he was a member of the Royal Air Force. He liked the country and

was offered a job with the Ontario Ministry of Natural Resources in 1948. "They couldn't get any biologist from universities, there were no graduates after the war. They took a gamble on me," he says.

In the 40 years he spent with the ministry as a research scientist, Lumsden worked with geese, ducks, grouse and deer. In 1982, while working out of a re-

search station in Maple, Ont., Lumsden and his colleagues were assigned the task of bringing trumpeter swans back to the province.

Trumpeter swans are the largest waterfowl in the world (smaller mute swans are much more common: they have an orange beak with a knob on it while trumpeters have a black one) and they had been

"Trumpeter swans are the largest waterfowl in the world."

heavily hunted in Ontario since the 1700s. The very last one was shot at Long Point in 1886. "A part of our heritage was destroyed," says Lumsden.

To start, Lumsden got eggs from Alberta, hatched them in incubators and used mute swans to raise the cygnets. Later, he bought breeding pairs from the United States. He set the swans up on ponds near Maple (the locals, usually farmers who owned the ponds, would keep an eye on them and feed them) and they multiplied over the years.

When Lumsden retired in 1988, he arranged with the ministry to keep on with his work. He still tags, tracks and organizes data — which has just recently been put on computer — on the now 1,400 trumpeter swans in the province. His daughter Diana helps him out, particularly with computer-relat-

The Lowdown

Job title: Swan protector
Salary: Ministry salary; now he's a volunteer.

Education/training: Most who work for the ministry now would have a biology degree, but Lumsden learned on the job.

Best Part of the Job: "All of it, it's always fun and interesting."

Worst Part of the Job: "There's no part I don't like."

ed work.

Volunteers at Wye Marsh in Midland and La Salle Park in Burlington, Ont. — where 160 trumpeter and 100 mute swans lived last winter — help tag and feed the swans.

Lumsden travels a little to see swans around Ontario, but mostly sticks close to his home in Aurora, Ont., where he gardens, hunts a little, and feeds the swans on his own pond. "Why should one relax? That's a prescription for an early grave."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.



Trumpeter swans are being reintroduced to Ontario with the help of Harry Lumsden.

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Head to Toe

RAFAEL BRUSILOV
for Metro Canada



Psychological and emotional problems can be crippling and psychotherapist Dawn Binkowski makes it her mission to set people free.

Binkowski, 47, is a licensed psychotherapist with Downtown Psychotherapy in Toronto where she helps clients understand their own psychological issues so they can learn to empower themselves to conquer their demons.

She says the most humbling part of her job is the trust people place in her when opening up about their intensely personal issues.

"I feel so privileged in the things people share

with me. I'm so struck by the courage people have to share some of the most intimate details of their lives with me," Binkowski said.

With a full roster of clients ranging from successful business people to drug addicts, Binkowski deals with an entire spectrum of psychological issues in her practice.

Psychological and emotional stress can cause a myriad of physical issues including panic attacks, anxiety, fear, depression, eating disorders as well as a host of health problems. Getting at the root of those issues takes time.

"Whenever there's an imbalance in our lives, that creates conflict within us and there's not generally a quick fix in a majority of circumstances," Binkowski said.

Binkowski got her degree in Psychology and Women's Studies at the University of Toronto but



Getting at the root of psychological and emotion issues is Dawn Binkowski's goal as a psychotherapist.

spent the next 20 years as a court reporter. She studied psychotherapy with the Gestalt Institute in Toronto to pursue her dream of helping clients regain control over their psychological health and opened her practice in 2005. She counts many lawyers among her clients now as

her experience and observations in the courtroom give her firsthand knowledge of the emotional stress they feel.

Starting her practice wasn't easy at first, mostly because she had no mentor to guide her.

"In the beginning there was no marker, no check-

list to see if I was doing a good job. Over time, I'd see the changes in my clients for the better and that motivated me," she said.

Differing from psychiatry (in which a diagnosis is often provided and drugs may be prescribed) psychotherapy aims not to prescribe a course of action

to clients but instead educate and empower them to self-realize the change they need in their own lives. It's the difference between telling someone to do something versus teaching them to recognize what works for them.

"In therapy, telling someone, 'You should...' is counter-productive. The idea in therapy is to empower people to make decisions for themselves," she said.

For Binkowski, the best part of the job is guiding clients to set themselves free.

"I help people affect change in their lives. It's very satisfying to see my clients get unstuck," Binkowski said. You can reach Binkowski online at dawnbinkowski.com.

For more of the Head to Toe exclusive series check Workology frequently or stop by: metronews.ca/work



Steven Spielberg's 3-D debut, *The Adventures Of Tintin: The Secret Of The Unicorn*, has finally got a release date. The film will hit theatres on Dec. 23, 2011, which currently puts it up against Disney/Pixar's *The Bear And The Bow*, and George Miller's *Happy Feet 2*. EMPIREONLINE.COM

Spielberg going 3-D in 2011

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Reeves in child row

Woman seeks child support

A Barrie, Ont., woman has filed a request to an Ontario court to compel actor Keanu Reeves to provide a DNA sample as part of a bid to get support for herself and her four children.

Karen Sala, 46, who is acting as her own lawyer, filed notice in the Superior Court of Justice family branch. Legal papers were served on Reeves' business manager in Los Angeles. The first court date for the case is July 6 in Barrie.

"I'm pissed. I just want him to stand up and be a man," Sala said.

A spokesperson for the actor said Reeves denies even knowing Sala and strongly rejects her claims. None of the allegations have been proven in court.

Sala said she has tried "privately" over the years to persuade Reeves to provide support.

She said she has known him since she was nine years old and he was seven. With her children, aged 20 to 25, in post-secondary schools, Sala said she could use financial support to help them complete their

education. In addition to the DNA test, Sala is seeking child support of \$150,000 per month, retroactive to June 1988, as well as \$3 million per month in spousal support retroactive to November 2006.

A Los Angeles spokesperson for Reeves issued a statement denying her allegations.

"Karen Sala's allegations are completely false and absurd. Mr. Reeves has no knowledge of who she is," Cheryl Maisel said in a statement.

Paul Knell, Reeves' business manager, questioned Sala's motives, noting that all four children are now adults. "Before you disparage my client and lend validity to this, there's



A Barrie woman is seeking a DNA sample from Keanu Reeves.

clearly something wrong with someone who claims child support after all the kids have grown. I'm just pointing that out," Knell said. **TORSTAR NEWS SERVICE**

Short stories explore love and life meaning

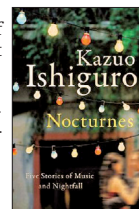
Nocturnes

Author: Kazuo Ishiguro

Publisher: Bantam

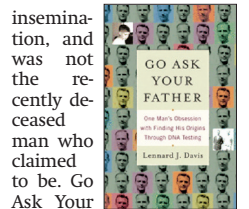
Price: \$29.95 (Hardcover)

Through a series of five short stories, Booker Prize-winning author Kazuo Ishiguro ex-



plores maintaining love and meaning in life in *Nocturnes*. Music underlies each story, from Crooner, in which a man serenades the wife he's set to divorce in a gondola in Venice, to *Nocturne*, in which the wife from the first story meets a guitarist at a hotel in Hollywood, both of them there to receive facelift operations. *Nocturnes* takes the reader on a worldwide trip through Italy, Spain, England and America, sharing interconnected tales that, however unlikely, inspire reflection on life.

BookPicks



insemination, and was not the recently deceased man who claimed to be. *Go Ask Your Father* recounts Davis' journey to find the identity of his father and contains both scientific research and philosophical ruminations on the relationship between identity and genetic reality.

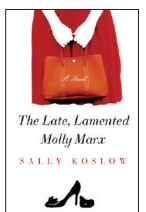
The Late, Lamented Molly Marx

Author: Sally Koslow

Publisher: Ballantine Books

Price: \$28.95 (Hardcover)

From beyond the grave, Molly Marx has access to more truth than she ever had in life. Dead at 35 from a bicycle accident, she's now able to watch those close to her in life, and discover just how authentic some of her loved ones are. While some of her findings are discouraging, like the more than doctor-patient relationships her plastic surgeon husband Barry enjoys with his clients, Marx finds satisfaction in seeing the effects of her motherhood on Annabel, the infant daughter she left behind.



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FOR METRO CANADA**

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metro

Tonight host O'Brien ushers in new late night era

NED EHRBAR
Metro World News

Tonight, longtime Late Night host Conan O'Brien finally ascends the comedy ladder, sitting down behind the desk of the Tonight Show stepping into one of the most secure jobs in Hollywood.

But before he even had a chance to end his 16-plus-year run on *Late Night*, the man he was taking over for made off with a bit of the spotlight.

Late last year, Jay Leno announced he'd be staying at NBC with a modified talk show airing at 10 p.m. beginning next fall. If O'Brien felt at all slighted by the move, though, he doesn't let it show. "Jay's staying with the network



Catch Conan O'Brien's debut as the new *Tonight Show* host tonight.

and going to 10 p.m. has actually made the transition easier, because he's happy and I'm happy, and that's actually been kind of a godsend," O'Brien says.

He and Leno have always been chummy, which O'Brien puts down to their common roots. "Nobody's quite figured

out why so many people from Massachusetts go into comedy," he says. "I don't know if it's growing up with the perpetual disappointment of the Boston Red Sox, or if it's the seven-month winter, but there's something about growing up in that environment that pushes you very hard to find

what's humorous in life."

But the Jay Leno issue aside, what most people have been bugging O'Brien about is how his material will make the transition to the earlier timeslot. But he isn't worried. "People can overstate the idea that there's a comedy barrier that separates 11:30 and 12:30 and that you'll ignite antismatter if you bring 12:30 into 11:30," he says. "I think a lot of that's overblown."

The biggest change for O'Brien and his crew has been the relocation from New York City to Los Angeles. "I miss walking down the street," he says of life in NYC. "When you walk down the street in Los Angeles, people think that you're off your meds."

Go Ask Your Father

Editors: Lennard J. Davis

Publisher: Bantam

Price: \$28.95 (Hardcover)

If you were told that the man who purported to be your father wasn't, what would you do? Lennard J. Davis was forced to answer that question when his uncle Abie told Davis that his real dad came via artificial

Clooney, Hanks urge yes vote on actors' contract

DEALS Some 500 actors, including prominent stars George Clooney and Tom Hanks, urged members of the largest U.S. actors union to vote "yes" on a new contract with Hollywood's major studios Friday.

In a statement released

by the 120,000-member Screen Actors Guild, signers "wholeheartedly recommend that SAG members VOTE YES on our tentative Television and Theatrical Contracts."

It ends with "I urge you to VOTE YES on this contract."

REUTERS

Die Hard comic prequel

Boom! Studios is releasing a Die Hard comic-book prequel, called Die Hard: Year One, this August. The story follows a younger John McClane, as a rookie cop in New York during the 1976 Bicentennial celebrations. EMPIREONLINE.COM

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

- 1 Up:** \$68.2 million US
- 2 Night at the Museum:** \$25.5 million
- 3 Drag Me To Hell:** \$16.6 million
- 4 Terminator Salvation:** \$16.1 million
- 5 Star Trek:** \$12.8 million
- 6 Angels & Demons:** \$11.2 million
- 7 Dance Flick:** \$4.9 million
- 8 X-Men Origins:** \$3.9 million
- 9 Ghosts of Girlfriends Past:** \$1.9 million
- 10 Obsessed:** \$0.6 million

REUTERS

In brief

MUSIC Black Sabbath frontman Ozzy Osbourne has sued his former band mate Tony Iommi over the ownership of the group's name. Osbourne, 60, filed a lawsuit in federal court in New York. **REUTERS**

Spector gets 19 years to life

Music producer still maintains his innocence in Clarkson death

Still maintaining his innocence, music producer Phil Spector was sentenced Friday to at least 19 years in prison for the 2003 murder of a Hollywood actress and could spend the rest of his life behind bars.

Spector, 69, who revolutionized pop music in the 1960s with his layered "Wall of Sound" production technique, was convicted in April of second-degree murder after a second trial. The first trial deadlocked in 2007.

Lana Clarkson, 40, a B-movie actress, died of a shot to the mouth, fired from Spector's gun in the foyer of his mock castle home outside Los Angeles on Feb. 3, 2003. The two met hours earlier at a Hollywood nightclub.

Spector, wearing a black suit and looking pale and tense, showed no emotion when Los Angeles Superior Court Judge Larry Fidler sentenced him to 19 years to life in prison.

He must spend 19 years behind bars before he is eli-

gible for parole. At that time, Spector will be 88.

prosecutors at the two long trials had "made him into a

height of his fame, did not testify at either trial. His defense team said in court papers filed this week that Spector insists "he did not kill Lana Clarkson, and he is not responsible for her death."

But prosecutors claimed Clarkson's shooting fit a pattern of gun play and violence Spector had displayed toward women for years, saying he had a problem with rage and was "a bully."

Deputy District Attorney Alan Jackson said he was confident the guilty verdict would stand, telling reporters on Friday: "I believe this case is as rock solid as any prosecution this office has ever undertaken."

Spector's lawyers claimed Clarkson was depressed about her career and committed suicide by shooting herself in the mouth.

Defense attorney Doron Weinberg said he was very worried about Spector's health. He told reporters Spector had emergency surgery earlier this week to



Music producer Phil Spector was sentenced for the murder of actress Lana Clarkson.

remove precancerous polyps from his vocal chords.

Clarkson worked as a hostess at the House of Blues in West Hollywood when she met the man who produced songs like the Righteous Brothers' hit "You've Lost That Lovin' Feelin'." Clarkson starred in the movies Barbarian Queen and Amazon Women on the Moon.

Clarkson's family has also filed a wrongful death civil suit against Spector, which has yet to be heard. **REUTERS**

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Spector's defense team immediately filed an appeal. His fourth wife Rachelle Short, 28, a model/actress who Spector quietly married in 2006, said her husband was "very sad and very upset."

She told reporters that

monster." But she said the man she knows is "the most kind and giving and generous man that I have ever met in my life."

The reclusive producer, who worked with The Ronettes, The Beatles, Cher and Leonard Cohen at the

For June 1st

Sean Kingston - Fire Burnin

Elise Estrada - Poison

Katy Perry - Waking Up Vegas

Candy Coated Killahz - Playboy

Eminem - We Made You

Keri Hilson Ft Kanye West & Ne-Yo - Knock You Down

Black Eyed Peas - Boom Boom Pow

Jamie Foxx Ft T-Pain - Blame It

3OH!3 - Don't Trust Me

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/1/09	31	31	31	ABC	News (N)	ABC Mid News	Inside Edition	Chronicle	The Bachelorette (N)			Newlyweds
	7	7	7	ASN	The Road to Avonlea "Evelyn"	Instant Star	TMZ (N)	Gossip Girl (HDTV)		Ghost Whisperer		Medium
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	22 Minutes	To Be Announced				National
	2	2	2	CBC-F	Urgences Radiothérapie (SC)	Des squelettes	La Petite vie	Chère Betty (HDTV) (SC)	Bons baisers de France (SC)			Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	TwoHalf Men	Engagement		CSI: Miami
	69	69	69	CFTM	TVA 18 heures	Sûreté-salé	Les Gags	Laura Cadieux	Ma Maison Rona (SC)	Monk (HDTV) (SC)	TVA 22 heures	
	6	6	6	CHIF	Entertainment	ET Canada	Cold Blood	House "Last Resort"	Bones (HDTV PA)			News (N)
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV)	Big Bang Th	Gary Unmarr	TwoHalf Men	Old Christine	News (N)
	10	10	10	ELTV	Debate		EastLink Television	EastLink Television				
	36	36	36	FOX	Deal-No Deal	The Simpsons	TwoHalf Men	TwoHalf Men	House "Last Resort"	Bones (HDTV PA)		Fox First
news	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	I'm a Celebrity... Get Me Out of Here!			Medium
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National		National
	4	4	4	PBS-D	NewsHour With Jim Lehrer	Greater Boston	Dr. Wayne Dyer: Excuses Begone!					
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Dr. Wayne Dyer: Excuses Begone!				
	68	68	68	TQS	Rire et délire	Chemin du golf	C'tune joke	C'tune joke	Flash Point			110 pour cent
	23	23	23	BNN	Business News	Headline	Market Call	Business News	Squeeze Play			Market Call
	18	18	18	CNN	Situation Room-Wolf Blitz		Lou Dobbs Tonight	Campbell Brown: No Bias	Larry King Live			Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Learning	Lessons	The Golf Fix	Planet Jack (N)		Lessons
	52	52	52	RSE	Hockey Central	Sportsnet Con.	Best Damn Top 50 Special	Week-Baseball	UFC: Access	Best Damn Sports Show		Sportsnet Con.
	55	55	55	SCOR	(6) HSR		RaceNight		(10:15) WWE Monday Night Raw			
sports	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time	This Week in NASCAR (N)	SuperCars	SuperCars	Auctions
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey	World Series of Poker: Europe	NBA Basketball: East Final -- Magic at Cavaliers			
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Punch
	26	26	26	TREE	Ni Hao, Kai-lan	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos
	27	27	27	YTV	Drake & Josh	iCarly	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level
	16	16	16	A&E	CSI: Miami "Wannabe"		Intervention "Jill"		Intervention "Sharon"		Intervention "Jeff" (N)	Obsessed (N)
	70	70	70	APTN	News (N)	Notre Peuple "Sans Reserve"		Tam	Pachamama	L'Aventurier du Grand Nord (2001, Comédie)		
	50	50	50	BET	106 & Park: BET's Top 10 Live "Top 10 Countdown"			The Salon ** (2005, Comedy) Vivica A. Fox.				College Hill
	37	37	37	BRVO	Street Legal		Celia Franca: A Tour de Force	Vida Y Danza, Cuba	Home Improve.	Home Improve.	Paul Potts-Royal	Body-Variation
family	25	25	25	CMT	Dedicated (N)		Cheer Moms	Cheer Moms	Reba	Reba	Hope & Faith	
	49	49	49	COM	Laughs	Comedy Now	Air Force	Just for Laughs	Corner Gas	The Simpsons	South Park	Pete Corrae
	153	153	153	COURT	W-FIVE		World's Wildest Police Videos	Cops Uncut	Dumb Criminal	Legal Briefs		Police Videos
	38	38	38	DISC	Canada's Worst Driver	Daily Planet (N)		MythBusters	Dirty Jobs (N)			Handyman
	34	34	34	HGTV	Homes on Homes	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	My First Place	House Hunters
	46	46	46	HIST	Tank Overhaul	NCIS "Recoil"		Tank Overhaul		For King and Country		NCIS
	17	17	17	MM	Shot at Love-Tila Tequila	One Tree Hill		Degrassi: TNG	Instant Star	Shot at Love-Tila Tequila		MuchNews
	19	19	19	MMM	mmtop10.ca	The Daily Fix		I'm a Celebrity... Get Me Out of Here! (N)				Entourage
	201	201	201	M1	(6:15) Henry Poole Is Here	Stargate Atlantis		Sanctuary "Kush"		Durham County		The Line
	48	48	48	OLN	The Amazing Race 2	Bounty Hunter	Bounty Hunter	Departures "Libya"		Mantracker		Bounty Hunter
cable variety	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Friends	Friends	Murder at 1600 ** (1997, Suspense)	
	206	206	206	PIX	(6:30) III Fated (2004)		(8:15) Pressure Point ** (2001, Suspense)				Pretty Baby *** (1978, Drama)	
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes	Grands reportages (SC)	Cashing In	Kink in Hair	The Last Templar * (2009, Adventure)	
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits	Cashing In	Wedding SOS	Wedding SOS	My Wardrobe	
	40	40	40	SLICE	The Mom Show	Skin Deep	Til Debt-Part	Wedding SOS	Star Trek: Voyager	Star Trek: Voyager	Twister *** (1996, Action) Helen Hunt.	
	47	47	47	SPACE	Stargate SG-1	Stargate Atlantis	(DVS)	4th and Long (HDTV)	4th and Long (HDTV)	4th and Long (HDTV)		4th and Long
	14	14	14	SPIKE	CSI: Crime Scene Invstgtn.	UFC Unleashed		Canada's Next Top Model	Jon & Kate Plus 8	Jon & Kate	Jon & Kate	Cake Boss (N)
	98	98	98	STAR	etalk	The Ellen DeGeneres Show		Carlawood (N)	Prod. Parker	Group Up		Smarter
	21	21	21	TLC	What Not to Wear	Little Couple	Little Couple	Les Grands découvertes culturelles	Rabbit Fall	Get-Famously		Club social
	20	20	20	TV5	Que-champion	Journal de Fr2		Green Grass	May-December	The Closer		Twist of Faith
cable variety	28	28	28	V	Nothing Too Good	Murder, She Wrote		Most Haunted	How Clean	Kim	Love It or List It	The Agents (N)
	67	67	67	VIVA	Mysterious Ways	Judging Amy		How Clean	Kim	Love It or List It		The Agents (N)
	22	22	22	W	Style by Jory	Style by Jory	Friends	Gossip Girl (HDTV)	One Tree Hill (HDTV)			WGN News
	251	251	251	WGN	Be-Millionaire	Evening News	TwoHalf Men	Family Guy				

critics' corner

Paul Potts: By Royal Command

As "Britain's Got Talent" wraps up its third season this week-end, this special catches up with the man who took the big prize in season one. Potts, a cellphone salesman from Bristol, England, wowed the crowd with his rendition of Puccini's "Nessun Dorma," much as Susan Boyle would do with "I Dreamed a Dream" two years later. 10 PM on BRAVO



Twist of Faith

In the season finale, Martin Himel visits Jerusalem's Temple Mount. Believed by Muslims to be the place from which Muhammad ascended to heaven, and by Jews to be the site of Herod's temple, it's a sacred site to both religions, neither of which wants to give up its claim to it. 11 PM on V

The Tonight Show With Conan O'Brien

Expect more of the same, only different, as the gangly Emmy winner takes over as host on what is arguably late-night TV's most coveted patch of real estate. And O'Brien has brought some old friends to help him ease into his new West Coast studio: Former sidekick Andy Richter returns as announcer and co-star, while drummer Max Weinberg and his band are in charge of music. 12:35 AM on ASN. NBC



Kimora Lee Simmons and Djimon Hounsou are the proud parents of a baby boy. The Baby Phat CEO, 34, announced the big news on Twitter Saturday: "It's a boy! Thanks to everyone out there for all your well wishes," people.com reports. **METRO NEWS SERVICES**

Phat baby boy

Celebrity Buzz

Candy explains 'deadly' dig at Tori

FAMILY FEUD Candy Spelling insists she didn't mean to stir up controversy by remarking Thursday that daughter Tori's actions contributed to the 2006 death of TV mogul Aaron Spelling, usmagazine.com reports.

In an interview with a Massachusetts radio station, Candy said Tori abandoned Aaron and "that's what killed my husband actually. He just didn't want to live after that. You know, he had done

everything ... he could possibly do for his daughter and she wanted no part of him once he couldn't do anything for her."

Of her remarks, Candy later said on huffingtonpost.com, "I didn't intend to create headlines. I was asked a question about my daughter not speaking with my family, and I answered truthfully."

"My husband was very ill, and he had stopped eating and taking liquids. He called Tori on a daily basis, and never stopped asking if Tori

had returned his call. We had to say no every day," she went on. "I should have known better, but it is the truth."

The mother and daughter have been estranged for some time. Tori has never revealed the reason they don't talk, but has vaguely said they just "don't go together."

In April, Candy posted a public letter to Tori on her

website, pushing for reconciliation. "I want to see you and your family — in private, like the 'normal

family' you say always wanted," pleaded Candy.

Tori told usmagazine.com in April: "If I said one thing to my mother, it wouldn't be public because if she does intend to have a relationship with her grandchildren — which I am totally open to — I just would like her to approach us privately."

METRO NEWS SERVICES

Paparazzo sues Britney for injury

SETBACK Just as Britney Spears is trying to get her life and career back on track, she's being sued with another lawsuit.

This time, photographer Rick Mendoza is suing the singer for running over his foot while pulling out of a Beverly Hills parking lot in 2007, according to TMZ.

"Britney was not in the mental, emotional and/or physical condition to operate the subject motor vehicle in a safe and reasonable manner," the suit claims.



METRO WORLD NEWS

Jon and Kate broke child labour laws?

HOT WATER The scandal continues for Jon and Kate Gosselin, usmagazine.com reports.

On Friday, the Pennsylvania Department of Labour confirmed that an investigation is underway to determine if the hit TLC show Jon & Kate Plus 8 is violating child labour laws after receiving a complaint against the show.

"We're not saying that they are not complying with child labour laws. We're investigating a complaint," Troy Thompson of the Pennsylvania Department of Labour told usmagazine.com.

"We're not saying that there was or was not a violation, just that we're conducting an investigation."

In a statement, a TLC rep said: "TLC fully complies with all applicable laws and regulations. Jon and Kate Plus

8 is no exception. For an extended period of time, we have been engaged in co-operative discussions and supplied all requested information to the Pennsylvania Department of Labour."

The reality show — for which Jon and Kate earn \$50,000 US to \$75,000 an episode — features their eight children. Last

week, Kate's brother and sister-in-law said they fear the emotional toll the show is taking on the kids. "They're being viewed as a commodity," younger brother Kevin Kreider told CBS.

METRO NEWS SERVICES



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Racy photos cost Rihanna Vogue cover?

CONSEQUENCE Naked photos that supposedly show Rihanna frolicking in a hotel room with Chris Brown that leaked last month may have cost the singer a shot at appearing on the cover of Vogue.

Rihanna met with Vogue editor Anna Wintour at the recent Met

Costume Gala and really hit it off. "Anna told her Vogue absolutely loves her and really wanted to work with her. Rihanna was ecstatic," a source tells Star magazine.

But after the racy photos surfaced, "Anna hasn't returned any of her calls. Rihanna's so upset. ... She hopes the people at Vogue change their minds."

METRO WORLD NEWS



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The Jonas cure for heartbreak

LOVE ADVICE Kevin Jonas was sent to camp to recover from his broken heart, femalefirst.co.uk reports.

The 21-year-old Jonas Brothers singer ad-

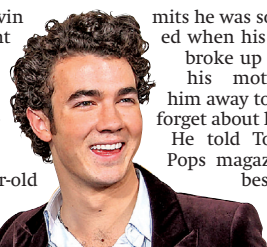
mits he was so devastated when his girlfriend broke up with him, his mother sent him away to help him forget about her.

He told Top of the Pops magazine: "The best way to get over a breakup

is not thinking about it and getting away from it. A girl broke up with me and I was devastated, so my mom sent me to camp. It was awesome.

"You learn that it's not the end of the world, and it's hard, but you've got to realize it does get better."

METRO NEWS SERVICES



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Brad's new pet name for Mel

FRIENDSHIP Looks like Brad Pitt has found a new celeb to heckle: Mel Gibson, usmagazine.com reports.

The actor poked fun at Gibson's 2006 DUI arrest at Spike TV's Guys Choice Awards Saturday in L.A.

Gibson opened the show riding in on a horse and wearing a Viking helmet. He then introduced Pitt's 1999 film Fight Club, which was inducted into the Guy Hall of Fame.

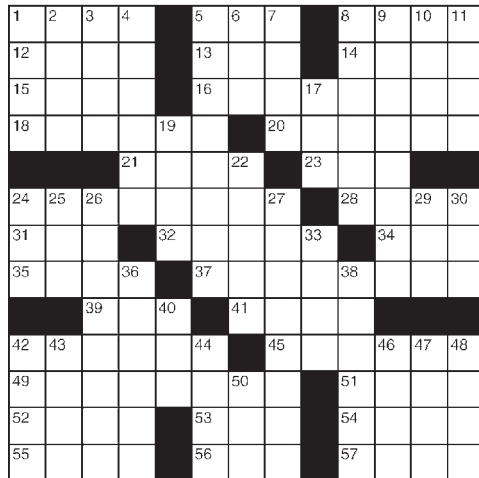
"Thanks, sugar t—!" Pitt told Gibson as he accepted the award. (When he was arrested for DUI, Gibson reportedly called a female police officer "sugar t—.")

METRO NEWS SERVICES



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



Crossword across

- 1 Neatnik's bane
5 Navigation aid
8 Small plateau
12 Hippocratic, e.g.
13 Blackbird
14 Previous nights
15 Wound reminder
16 Lunchbox occupant
18 Tears to smithereens
20 Culpable
21 Cry
23 Conclusion
24 "Chicago Poems" writer
28 Suitable
31 Ostrich's cousin
32 Attempted
- 34 Away from WSW
35 Grand story
37 Resin used in making varnish
39 Drunkard
41 Intend
42 Noah's mountain
45 "Monty —"
49 Where the Chargers play
51 Rabbit
52 Not pizzicato
53 Modern prefix
54 Greek vowels
55 Hammerhead part
56 — Aviv
57 Thaw

Crossword down

- 1 Rolling stone's lack
2 Apiece
3 Luminary
4 Crafty
5 Rubbers?
6 Literary collection
7 Pong preceder
8 Kitten's commentary
9 Villain
10 Denomination
11 Wan
17 Payable
19 Amount owed
22 Trojan War king
24 Glimpse
25 Rock band's need
26 Pest
- 27 Interbreeding data
29 — budget
30 Year-end abbr.
33 Crucial time
36 Rope (off)
38 Country song?
40 Skater Babilonia
42 Pronto, on a memo
43 Exceptional
44 Circus covering
46 Loathe
47 Exam format
48 Egg container
50 "Golly!"

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	2	7	5	4	3	6	8	9
3	6	9	8	7	2	5	4	1
4	5	8	6	9	1	7	2	3
2	7	3	1	8	4	9	6	5
6	4	5	7	3	9	2	1	8
8	9	1	2	6	5	4	3	7
7	1	6	9	2	8	3	5	4
5	3	2	4	1	7	8	9	6
9	8	4	3	5	6	1	7	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	21-25 min	Not bad
13-17 min	25+ min	Keep practising

Metro Recipe of the Day



Ground Beef Curry

INGREDIENTS:

1 lb (500 g) lean ground beef
1 onion, minced
4 medium potatoes, peeled and diced
3 garlic cloves, chopped
1 in. (2.5 cm) piece fresh ginger, peeled and minced
1 cinnamon stick, halved
1 tsp (5 ml) ground turmeric
1 tsp (5 ml) cumin seeds, roughly crushed
1 tsp (5 ml) coriander seeds, roughly crushed
1/2 tsp (2 ml) dried red chili flakes
1 can (14 oz/398 ml) crushed tomatoes
1 1/4 cups (300 ml) beef or lamb stock
1/2 bag (5 1/2 oz/150 g) baby leaf spinach
Salt and fresh-ground black pepper
Fresh mint leaves

RAITA
2/3 cup (150 ml) plain low-fat yogourt
1/4 cucumber, finely diced
4 tsp (20 ml) chopped fresh mint

large pot over medium heat and sauté until brown, stirring to break up meat, 5 minutes. Add potatoes, garlic, ginger and spices; sauté 2 minutes longer. Add tomatoes and stock and season with salt and pepper to taste. Bring to boil, cover, stirring occasionally, 20 minutes.
2. Meanwhile, make raita. Mix yogourt, cucumber and mint together with little seasoning. Spoon into bowl and chill until required.
3. Stir spinach into curry and heat through 1 minute. Taste and adjust seasoning, if necessary. Spoon curry onto warm plates and sprinkle with fresh mint leaves. Serve immediately with chilled raita.

SERVES 4

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Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
It is possible to be too nice for your own good. Be generous with time and sympathy, but don't forget there is only so much you can do for others.



LIBRA
SEPT 23-OCT 23
Creatively and romantically you have a lot going for you now that the Sun is transiting your fellow Air sign of Gemini.



TAURUS
APRIL 21-MAY 21
Today you will see with the utmost clarity what it is you should be doing. With the favour of Mercury, the planet of the mind, it's time to get serious.



SCORPIO
OCT 24-NOV 22
Knowledge is power, or so they say, and a rather interesting fact you learn over the next 24 hours will confirm the truth of that old adage.



GEMINI
MAY 22-JUNE 21
This is one of the best times of the year for you and it will get even better this week as the Sun moves deeper into your sign.



SAGITTARIUS
NOV 23-DEC 21
There is no need to feel guilty about wanting to get away from your duties and chores for a while now that Mercury is moving through your chart.



CANCER
JUNE 22-JULY 22
You need to put behind you the fears that have been making your life less than enjoyable of late. All of them, without exception, have no basis in reality.



CAPRICORN
DEC 22-JAN 20
You know what changes need to be made in your life and you know that the sooner you make them the better off you will be, emotionally and financially.



LEO
JULY 23-AUG 23
It may seem as if you have no control over what is going on in your environment but even if it's true there is no need to be worried about it.



AQUARIUS
JAN 21-FEB 18
The next three weeks or so, while the Sun transits the most dynamic area of your chart, are potentially the best of the year for you.



VIRGO
AUG 24-SEPT 22
If you stay calm today you can't fail, but make a good impression on employers and other important people. You will be the picture of poise and purpose.



PISCES
FEB 19-MARCH 20
Your feelings tend to be a bit fragile at this time of year but that is not an excuse to deliberately avoid challenging situations.



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BY TRICKY RICKY KANE

1. Londoner's "hissy" tantrums (1)
2. Leg joint charge by a doctor (1)
3. Geek's groups of buffalo (1)
4. Extra, unused seat at the table (1)
5. Camper's bag for a chocolate candy (2)
6. "Star Wars" Darth's Passover feasts (2)
7. Final confrontation retarding action (2)

ANSWERS:
1. TROUBLE-MAKER, 2. KNEE-PAIN, 3. HERDS, 4. SPARE CHAIR, 5. CAMPER'S BAG, 6. DARTH'S PASSOVER FEASTS, 7. SHOWDOWN

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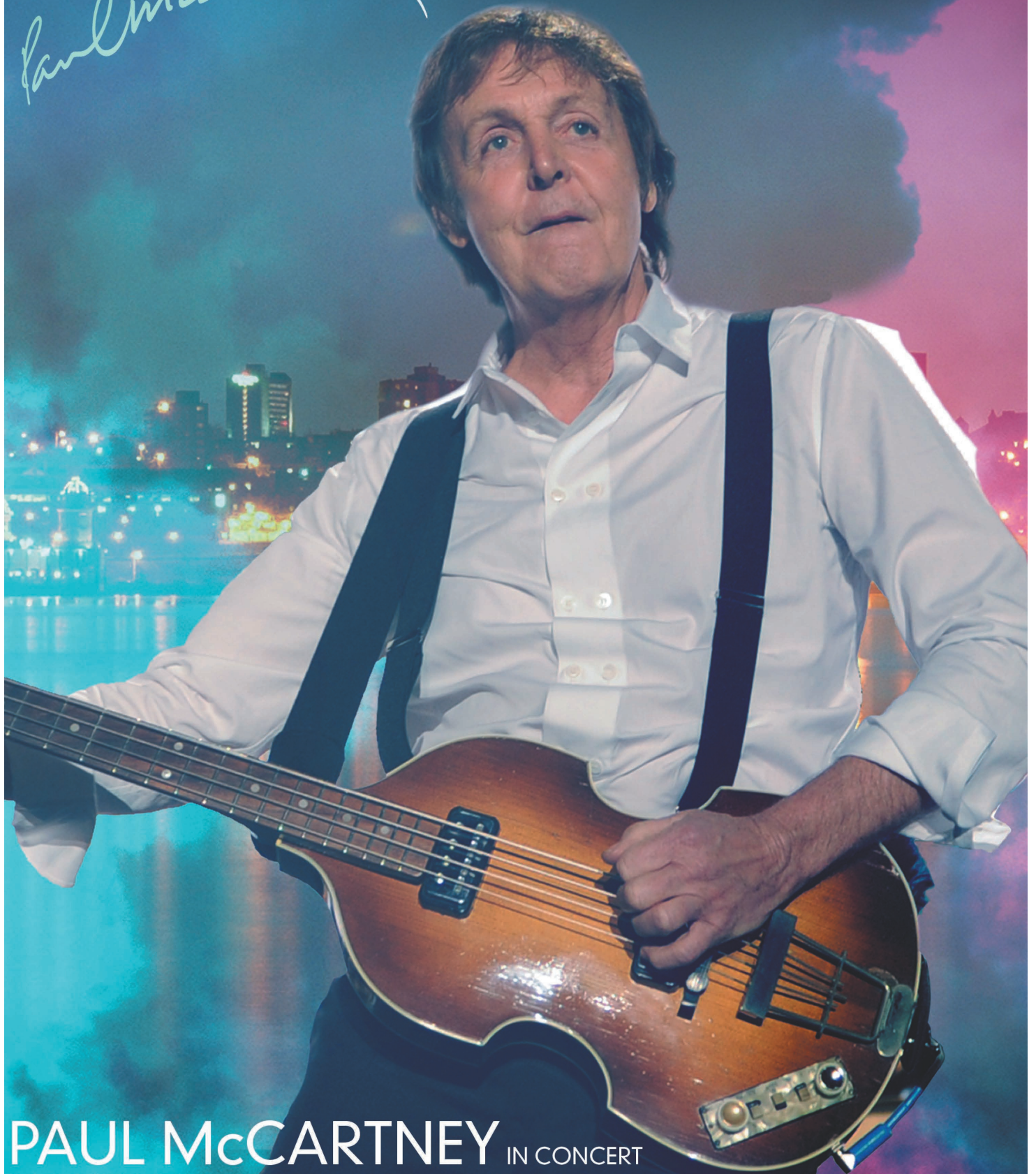
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Paul McCartney



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